

Inappropriate/Excessive Vitamin, Mineral, or Herbal Supplementation (AK 49 – USDA 423)

Explain to Participant	You're enrolled in the WIC program today because you/your child may be taking inappropriate vitamins or minerals or herbs. Vitamin or mineral supplements are recommended at certain times, but too much or the wrong types may be harmful. Herbs may also be used safely or they may be dangerous for you or your child. Taking high doses of individual vitamins or minerals will cause an imbalance in nutrients in the body. Most herbs have not been tested for safety during early childhood, pregnancy, or breastfeeding.	
Goal	The goal is to inform the client of the risks of inappropriate supplement use.	
Suggestions for Reducing Risk	<p>If a client is taking large amounts of any vitamin, mineral or herb, without a physician's recommendation, the client should be advised to discontinue this practice.</p> <p>Herbal teas should be approached with caution. Use of greater than 2 cups per day of any single herb tea or of any medicinal tea blend should be discouraged. Many herbs can be transferred to mother's milk and many have had documented harmful effects on infants. Herbs can cause serious diarrhea in infants. Almost all herbs are potentially harmful in pregnancy and they are not recommended especially in the early prenatal period. Herbs can cause abortions and premature labor.</p> <p>Taking individual rather than "multi" vitamins or taking high doses of vitamins should be discouraged. High doses of Vitamin A can cause birth defects. Taking high doses of single nutrients can also cause nutrient imbalances or deficiencies. If the client is taking a single vitamin, identify foods rich in this vitamin for the client.</p>	
Nutrition Education Material Suggested		
Explain Applicable WIC Foods	WIC Foods	Nutrients Provided
	Milk	Calcium, Vitamin A, Protein
	Cheese	Calcium, Vitamin A, Protein
	Eggs	Protein
	Beans or Peanut Butter	Protein, Iron
	WIC Juice	Vitamin C
	Cereal	Iron
	Carrots	Vitamin A
	Tuna fish	Protein
	Salmon	Calcium, Vitamin A, Protein
	Iron Fortified Infant Formula	Calcium, Vitamin A & C, Protein, Iron
	Iron Fortified Cereal	Iron

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**Explain What the
WIC Nutrients Can
Do for You!**

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

**Materials with
More Information**